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October 30, 1998

Office of Special Nutritionals
HFS-450 Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
200 C St.SW
Washington DC 20204

Statement of Nutritional Support- **MAGNESIUM**
Pursuant to 21 CFR Part 101.93, American Specialty Health &
Wellness (ASHW) files the following Statement of Nutritional
Support for the Dietary Supplement marketed as: **MAGNESIUM**

- 1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr.
Ste. 250, San Diego CA 92108
- 2) Text of Nutritional Support Statement being Made:
"Magnesium is a mineral that supports healthy bone and tooth
growth and healthy function of the muscular, cardiac, and nervous
systems. Magnesium also aids in the absorption and metabolism of
other vitamins such as C,D,E, and the B-complex."
- 3) Name of dietary ingredient(s): See Attached Product Label
- 4) Brand Name: **MAGNESIUM**
- 5) Substantiation information on file at the company office. The
corporate officer who can certify same is Dr. Doug Metz, Vice
President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz
Vice President

97S-0162

8989 Rio San Diego Dr., Suite 250, San Diego, CA 92108 • Phone 619/297-8100 • Fax 619/209-6236

LET 2492

Magnesium

Description:

Magnesium is a mineral which supports healthy bone and tooth growth and healthy function of the muscular, cardiac and nervous systems. Magnesium also aids in the absorption and metabolism of other vitamins such as C, D, E, and the B-complex.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

Directions For Use: Take 1 tablet 3 times per day.

Storage: Keep tightly closed in a cool, dry place.

Caution/Warning: As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician.

Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician. **Storage:** Keep tightly closed in a cool, dry place.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™
PO BOX 509040, SAN DIEGO, CA 92150-9040

MAGNESIUM

DIETARY SUPPLEMENT

90 TABLETS

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 3 Tablets – Servings Per Container: 30

	Amount Per Serving	% Daily Value
Magnesium (as amino chelate, buffered)	400mg	100%

Other Ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide.

Magnesium is free of wheat, corn, soy, dairy, sucrose, starch, salt and yeast.